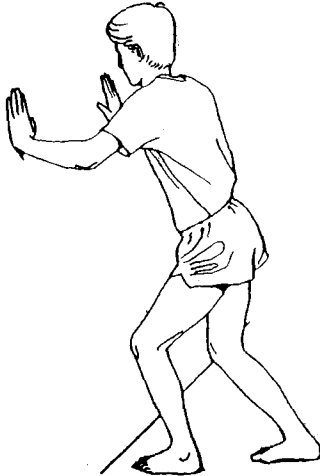


Below are some stretches and strengthening exercises to do for the next few weeks. If your pain does not go away or if you have questions, check back with your provider. Discontinue any exercises that increase your pain. However, it is normal to feel some fatigue in the tissues around your ankle and foot.

STRETCHES



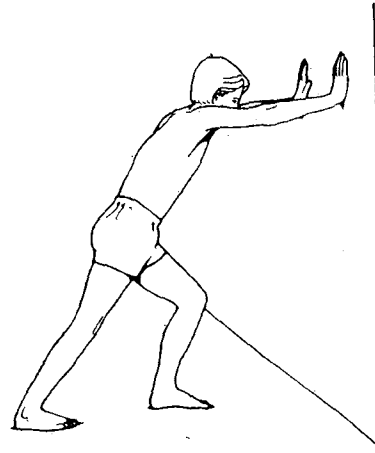
Soleus Stretch



Standing with both knees bent, toes forward, and involved foot back, gently lean into wall until stretch is felt in lower calf. Hold for 30 seconds. Repeat 3 times, 3 times per day.



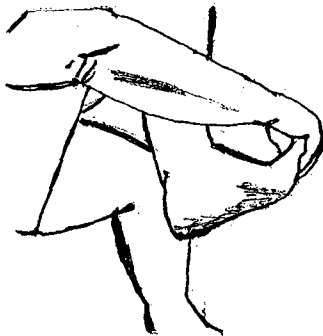
Gastroc Stretch



Keeping back leg straight, toes forward, and heel on floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds. Repeat 3 times, 3 times per day.



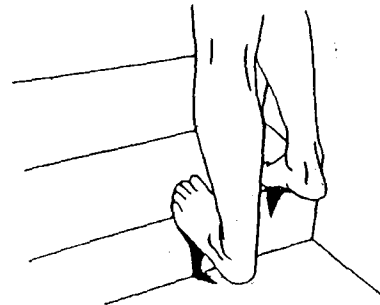
Intrinsic Muscle Stretch



Sitting with legs crossed and ankle up, pull toes up until a stretch is felt. Hold for 30 seconds. Repeat 3 times, 3 times per day.



Plantar Fascia Stretch

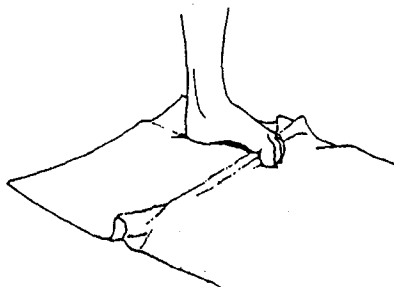


Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot. Hold for 30 seconds. Repeat 3 times, 3 times per day.

STRENGTHENING:



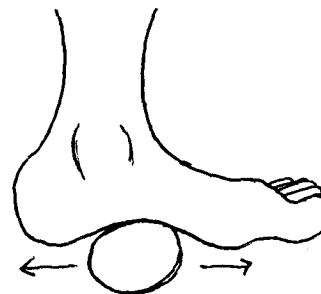
Single Leg Toe Curling



With foot resting on towel, slowly bunch towel up as you curl toes. Repeat 3-5 times, 2 times per day.



Tennis Ball Massage



While sitting in a chair, roll tennis ball under your foot to massage the painful area. Perform for 1 minute, 3 times per day.